



Free E-Learning Courses

*Alzheimer's disease doesn't come with an instruction manual, but
E-Learning courses can help.*

Know the 10 Signs: Early Detection Matters

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. View this program to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, this is a great place to start. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

Legal and Financial Planning for Alzheimer's Disease

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is a two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources.

Living with Alzheimer's for People with Alzheimer's

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Caregivers: Early Stage

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This 3-part program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Living with Alzheimer's: For Caregivers: Middle Stage

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Living with Alzheimer's: For Caregivers: Late Stage

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, you'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

Living with Alzheimer's For Younger-Onset Alzheimer's

When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young...does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us for this program to get answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

To enroll in any of these free E-Learning courses go to **www.elearning.alz.org**



Helping Kids and Teens Understand Alzheimer's

We Can Help You Help Your Children

Alzheimer's disease impacts family life. The Alzheimer's Association can help you talk with the children and teens in your family so that they understand what is happening to the person with Alzheimer's. The degree to which children and teens are affected by the disease depends on who has it — a parent or grandparent, relative or friend. Other factors include how close the child or teen is to the person and where the person lives (in the same home, assisted living or nursing home, out-of-state, etc.).

Resources for You

Visit our Kids & Teens website (www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp) to access the many resources we offer to help you support and educate your children.

- Learn about the common feelings and reactions after a loved one is diagnosed with Alzheimer's
- Learn ways to help kids and teens cope
- View our list of activities that can be done as a family
- Hear from others about how they discussed Alzheimer's disease with their children
- Find additional resources (books, videos, websites, etc.)

Resources for Kids & Teens

The Alzheimer's Association also provides resources to help kids and/or teens learn about Alzheimer's disease and understand how it affects them. It's important for kids/teens to know that they are not alone. Alzheimer's changes the lives of everyone it touches.

Our website provides support specifically for kids and teens that includes information about the disease process and videos to learn how other kids/teens are coping.

Kids Look at Alzheimer's Disease Video Series

Part 1: What *Is* Alzheimer's Disease?

Part 2: What Can I Expect and How Can I Deal With It?

Part 3: Is It *Me* or Is It the Disease?

Part 4: How Can I Help and What's Out There to Help Me?

Teens Look at Alzheimer's Disease Video Series

Part 1: What *Is* Alzheimer's Disease?

Part 2: What Can I Expect and How Can I Deal With It?

Part 3: If the Person with Alzheimer's Lives with Us, What Can I Expect?

Part 4: How Can I Help and What's Out There to Help Me?

To access the above resources or view any of these free videos go to
www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp